



Chemical Composition, Pharmacology and Use of Some Medicinal Plants of the Lamiaceae Family in Folk Medicine

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Abstract: This article provides information on the chemical composition, pharmacology and their use in folk medicine of several medicinal plants belonging to the Lamiaceae family: *Ziziphora pedicellate*, *Lavandula*, *Menta arvensis* and *Origanum tyttanthum*.

Key words: *Ziziphora pedicellate*, *Lavandula*, *Menta arvensis*, *Origanum tyttanthum*, *nastoika*, extract.

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The products of Lamiaceae oil are important ornamental, medicinal and aromatic products, many of which develop essential oils used in traditional and modern medicine, in the food, cosmetics and pharmaceutical industries. *Mentha* L. *Origanum* L, *Ziziphora* L. the variety of varieties of lavender is widespread all over the world, it is considered the most popular plants in Uzbek folk medicine and is used in many ways in the treatment of wounds. It is widely used in gastritis, infectious diseases, dermatitis, bronchitis and inflammatory diseases.

Ziziphora pedicellate is a plant that stands in the forefront of the world of folk medicine in terms of its healing. *Ziziphora* is a perennial plant in the family lamiaceae, 7 species of this genus are found in our republic. The genus *Ziziphora* is one of the well-known descendants of this large family of plants, its species are important in various fields of pharmaceutical, chemical, medicinal, traditional and folk medicine. This data shows the important effects of this plant and medicinal plants in the treatment of various diseases and sometimes as an effective alternative to chemical preparations with unpleasant side effects. *Ziziphora pedicellate* is an essential oil plant. Pazij and Vved. Lamiaceae have been identified as an endemic species for Central Asia. It grows on Rocky, gravelly slopes of the Tian-Shan Mountain foothills and Midlands. In folk medicine, tincture and decoction of the epigeal part are used as hypotensive, diuretic and wound healing agents. Due to its distinctive attractive smell and bacterial properties, essential oil has been used in the food and perfumery industry. Industrially, as a perfume for tooth powders and pastes and soap, lipids with an attractive odor and high levels of 18:3 polyunsaturated acids and carotenoids are used. This plant contains organic acids, essential oil, vitamin

C, saponins and flavonoids. The seeds and leaves contain carotenoids and lipids. Its flowers contain terpenes [8,37]. Essential oils obtained by hydrodistillation have been analyzed and Z. a total of 31 compounds were identified from pedicellata. Z. essential oils of pedicellata are rich in oxygen monoterpenes pulegon (62.0%), isomenton (11.5%), menthol (9.2%), menthone (5.5%) and B-pinene (1.0%).

Lavandula is an herbivorous plant in the family Lamiaceae and is distinguished from other species of the family by being very rich in essential oils. The essential oils contained in vegetable flower act as an antidepressant and stress-taking agent. The results of numerous clinical studies of Lavandula flowers (Flores Lavandulayae) have been found to have a mild calming effect. This activity is closely related to the combination of linalool and linalylacetate in lavender essential oil. Biologically active lavender essential oil can be used for the purposes of overexcitation of the nervous system, insomnia, excessive indulgence in his excitement, headache spasms, improving cerebral circulation, increasing the body's resistance to fatigue. It has an antidepressant, stress-limiting, hypotensive effect.

Lavandula contains essential oils such as linalylacetate, polyphenols store biologically active terpenoids, it is possible to obtain new medicinal food supplements from it for the treatment and Prevention of diseases of the functioning of the central nervous system.

Lavandula species are one of the most useful aromatic and medicinal plants of great economic importance for pharmaceuticals, food, cosmetics, perfumery and aromatherapy. The pleasant smell, physiological effects and commercial importance are related to their essential oils, and the highly variable composition depends on genetic, environmental and processing factors.

Lavandula contains more than 60% of the essential oil contained in the aerial part of the plant. Linalool has a calming and anti-inflammatory effect. In the upper part there are sineol, geraniol, borneol, coumarins. Kineol is used in pharmaceuticals in the production of expectorants and antiseptics. Strengthening the aromatherapy effect of geraniol and borneol lavender oil. coumarins kill germs and parasites, so infusion of flowers is used to treat head lice, parasites and worms. Lavender roots contain about 12% tannin and resin compounds useful for breathing and washing the upper respiratory tract. The healing properties of lavender for inflammation and pain relieve pain and reduce inflammation. Decoctions from the flowers of the plant are used in the treatment of skin diseases, colds and migraines. Tannins and resins relieve inflammation and irritation of the mucous membrane of the respiratory tract.. The soothing and refreshing scent of the oil relieves tension, promotes blood circulation and relieves headaches.

For colds and coughs. Tincture of flowers is useful for colds and flu. Sineol and tannins remove mucus from the lungs, relieve inflammation and prevent coughing. Lavender is used in cosmetology. Flowering extracts are added to creams for the skin of the face, hands and feet. Lavender water helps fight acne on the face, opens pores and relieves inflammation. Applying the plant to the hair will help overcome dandruff and oily scalp.

Menta arvensis L. Field mint belongs to the family Lamiaceae, it is used for food seasoning, household healing and industrial purposes. Field Mint has a fragrant aroma due to the fact that it contains a large amount of essential oils. It contains aromatics such as: menthol, citral, caravan. The mint plant contains terpenes such as a-menthol, neomentol, isomentol, d-menthol, isomenton, mentofuran, menthylacetate, carvomenton, kineol, p-simen, aromadendren, limonin, -fellandren, Piperton, -pinen, carvacrol, a-pinen, a-fellandren, -pinen, dipenten, etc. Mint contains essential oils, of which menthol accounts for 41-65%. Menthol is used in medicine in the preparation of perfumes, in the food industry. Mint is used to treat toothache, headache, abdominal pain. As a medicinal product, a type of black pepper mint is grown mainly. Pepper mint leaf preparations, peppermint water and nastoqasi made from Essential Oil are used against nausea and vomiting. In addition, mint water is

used to improve the taste of mouthwash and mixers. Peppermint oil is used in medicine, perfumery, in the production of valikyor vodka in the conditer industry.

It is traditionally used in patients with hypertension and ischemic heart disease. The juice of the leaves is given in diarrhea and is used in dysentery. The leaves are used for medicinal purposes in stomach problems and allergies. In addition, it is used to treat diseases of the liver, spleen and asthma. The leaves are used as a remedy for rheumatic diseases, pain, arthritis and inflamed joints. Menthol from its essential oil is found in pharmaceuticals, perfumery, food industry. Menthol has antiseptic, carminative, cooling, stimulating and diuretic properties and is used against skin infections.

When consumed by adding mint to tea or dishes, it slightly warms the body, improves blood circulation, helps to increase strength when recovering from illness. Mint can improve heart function, prevent frequent strokes, normalize blood circulation, and its sweating properties have been tested by Times. It was used for colds and fever drops. Peppermint is known to be a laxative and an ointment against inflammation of the organs. This blessing will be an excellent treatment when there is pain in the stomach, colic, tightness, tightness of the stomach, when the belly is resting, when the crust boils, when the stomach is sluggish, when holding hiccups, severe headaches, nausea and sea sickness. Tannins contained in mint protect the stomach from excitation, prevent constipation, heal ulcerative constipation in the abdomen. The taxir in its composition strengthens the liver and gallbladder, so Mint is also used to cleanse the liver, lower gallstones. Menthol, extracted from Essential Oil, is used in ear, nasal airway diseases which is used to leave toothache in the bladder. From the drug menthol, which is obtained from Mint-validol, is used in the disease of chest tightness (Stenocardia). Essential oil and menthol are also used in the food and perfumery industry.

Peppermint oil is fragrant, has the property of strengthening the skin. Therefore, it is put in the bath. The head smells in a state of rotation and fainting. In arthritis and joint podagra, fresh leaves of mint are crushed and tied to the sore spot. Essential oils in peppermint, especially camphor and menthol oil, are good antiseptics that prevent pus from taking a snack when the organs are cold-hit, somewhere there is a tongue or sting. It also benefits from rinsing the mouth to smell the oil in respiratory diseases and to leave sore throats. Peppermint oil leaves toothache, one drop is a cure for ear pain.

Preparations: a decoction is prepared from the Leaf. Nastoyka and dry extract from Mint are also medicinal preparations. The Leaf is considered to be a sedative, herb – driving, a medicine for herbal decoctions-teas and tablets and drops that are used to leave abdominal pain. Peppermint water is made from Essential Oil. Fragrant mint has always led in other greens with its healing properties. It has been widely used for stomach diseases, excessive irritability, colds.

Origanum tyttanthum. It is a plant in the family Lamiaceae. It is a perennial herbaceous plant. Origanum tyttanthum grows in dry, open grassland, dry forest and forest edges, hills, slopes, crags and shrublands. It can be found mainly in the European part of Russia, the Caucasus, southern Siberia, and partly in parts of Kazakhstan and Kyrgyzstan. In our republic, an ordinary mountain will not grow. But the other type that is allowed to be used with this plant is the small-flowered Mountain, which grows on small rocky slopes in the lower and middle parts of the mountains of Uzbekistan. It is also called Mountain Black basil, forest mint, sebinak.

Chemical composition: ethermoyi, geranylacetate, ascorbincic acid, thymol, carvacral, additives, the seed contains up to 30% oil. It has 0.56-0.58% ether on the ground surface, 0.68-0.72% on the leaf, and 0.56-0.65% Etherium on the stem. It is used in medicine as a medicine for urinating, against insomnia, improving the functioning of the digestive organs.

In medicine, its branches, leaves, seeds are used. Medicine primarily uses the ground top of the Origanum tyttanthum. When the plant blooms, it is harvested and the shade is dried on the ground. After drying, the leaves and flowers are separated by urine, and the stems are thrown away. In

addition, mountain basil is used in food as a seasoning. Pests do not come if the dried ground mountain maple plant is sprayed on dry fruits, rice, clothes. It can be used for the purpose of flavoring various soft drinks, snacks, toothpastes.

It is also a honeyeater. In folk medicine, a tincture of *Origanum tyttanthum* made from the top of the plant is used as a cough suppressant, phlegm repellent, and sweating Medicine in diseases of shortness of breath, pulmonary tuberculosis and bronchitis, and as an appetizer and food digestion enhancer in diseases of the medallion (weakness of the intestine), and as a urine and gel-driving medicine. to prepare a tincture from the top of the ground, a glass of boiling water is poured into a container with a lid, put 15 gr (three tablespoons) from the top of the ground on top and let it rest for 2 hours. Then strain in gauze and drink a tablespoon 3-4 times a day. The ground top of the *Origanum tyttanthum* is included in the composition of prefabricated teas, which are used in chest ailments and are sweaty.

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